New Year, New PacMed Clinics

Pacific Medical Centers expands its proven model of quality care to south Puget Sound.

As our region grows, so grows the challenge of finding reliable health care options. Fortunately for those living in the south Puget Sound area, two new PacMed clinics opened in 2016—and more locations are on the way.

Our newest clinics—Lakewood opened in May, and Lacey in December—both offer patients our trademark high-end service and convenience. You can schedule same-day primary care appointments at either location, and our providers will coordinate any specialty care you might need. Plus, PacMed accepts most major health insurance plans, including Health Exchange options.

“We are pleased to join the Lakewood and Lacey communities,” says PacMed CEO Linda Marzano. “We believe those residents will find value in our proven, low-cost, high-quality care model, which creates positive outcomes for patients and helps them to live their healthiest lives.”

“PacMed offers a patient-centric approach to care that encourages collaboration between patients and providers, as well as within our care teams,” says Dr. Rick Ludwig, Medical Director, US Family Health Plan. “We find that this collaboration, along with a focus on prevention, leads to a better, more personalized experience for our patients.”

The Lakewood and Lacey clinics also offer greater access to care for military families associated with nearby Joint Base Lewis-McChord. PacMed is the only West Coast provider of US Family Health Plan (USFHP) and has been serving the local military community for more than 30 years. USFHP provides active-duty family members and retired military personnel with a civilian option to health care at no added cost. Our military patients routinely express high satisfaction with their overall PacMed experience.

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One great aspect of walking is that you can do it in any weather—without investing in expensive equipment or joining an athletic club. Walking 30 to 60 minutes daily at a moderate pace burns fat, lowers blood pressure and strengthens bones, muscles and joints. It may also reduce risk for heart disease, type 2 diabetes, various cancers and osteoporosis.

If you are just starting a walking program:

• See your doctor if you don’t currently exercise, have diabetes or high blood pressure, or are over 65.

• Get fitted for a good pair of walking or running shoes.

• Dress in layers so you can respond to changing conditions.

• Stay hydrated. Carry water if it’s warm or you’ll walk for more than an hour.

When walking, don’t lean forward or backward. Stand straight, relax your shoulders, and bend your arms and swing them to add power to your walk. If you are feeling out of shape, start slowly and add a few minutes to your walk each date. If you have a pedometer or fitness monitor, begin with 2,000 to 3,000 steps a day and build from there.

If you experience pain in your feet or elsewhere, try resting up for a day. If you see swelling or bruising, treat it with rest, ice, compression and elevation (often referred to as RICE). If symptoms persist beyond 48 hours, make an appointment with a specialist. A podiatrist can treat foot and ankle issues, and sports medicine and orthopedic providers can help with leg, knee and hip pain.

Here’s to your winter explorations!

Ari Gilmore, MD, is a family medicine physician at our Beacon Hill clinic. Learn more at www.PacMed.org or call 206.326.2400 for an appointment.
Ever wish your kids would stop staring at a screen and be more active? You’re not alone. The American Academy of Pediatrics (AAP) estimates that today’s children are spending an average of seven hours a day on entertainment media, including television, computers, phones and other electronic devices. By contrast, AAP recommends one to two hours of screen time a day.

Here are six simple steps to get your kids unplugged and out there moving.

1. Make a family media plan that includes a written set of rules and guidelines. It should include specifics about time limits, device curfews, guidelines for information not to be accessed or shared on the Internet, as well as consequences for not following house rules.

2. Keep all screens in public spaces and out of bedrooms, when possible. Set up an “overnight charging station,” where everyone’s mobile devices are docked for the night and out of reach.

3. Be a role model. Set a good example by curbing your own screen-use time and replace it with family activities or exercise.

4. Encourage and get involved in physical activities the whole family can enjoy. Go ice skating, cross-country skiing or sledding, or visit a community center for a swim or cardio class.

5. Enjoy the fresh air of being outdoors. Venture out on a family hike, walk to a nearby park or plan a scavenger hunt.

6. Teach your kids the nutritional value of food. Encourage healthy snacks and make sure your active family stays well hydrated by drinking plenty of water.

It typically takes a couple of months before goals or changes become a routine habit. Here are a few tips to make your New Year’s resolutions stick.

Carefully select your goals. Create a list of changes you’d like to achieve in six months, one year and five years. Be realistic and specific.

Start small and build to success. Instead of saying, “I’m going to work out every day,” try a smaller goal like aiming to exercise three times a week.

Plan ahead and follow through. For example, if your goal is a healthier diet, prepare your shopping list well before you go to the store.

Put peer pressure to work for you. Tell your family, partner or close friends about your resolutions, and ask them to support you. If possible, work with a friend who has a similar goal.

Tips by Dr. Carolyn D. Logsdon, PhD, LICSW, a psychotherapist at our Northgate clinic. Learn more about her at www.PacMed.org, or call 206.621.4045 for an appointment.

To learn more about our PacMed pediatricians, visit www.PacMed.org/peds, or call for an appointment.

Emmanuel J. Eusebio, MD, Northgate, 206.517.6700
Akiko Hall, MD, MPH, Canyon Park, 425.412.7200
Alexander M. Hamling, MD, MBA, FAAP, Canyon Park, 425.412.7200
Elizabeth Snapinn, MD, Lynnwood, 425.744.7153
Elisabeth Ware, MD, Northgate, 206.517.6700
IMMUNITY BOOSTING NUTRIENTS

With cold and flu season upon us, now is an optimal time to select foods that can defend you against disease. On your next trip to the market, consider these healthy options.

Foods to enhance your immune function.

Fish (especially cold water, fatty fish like salmon and sardines); cruciferous vegetables (cabbage, Brussels sprouts, broccoli, cauliflower, bok choy); miso, sauerkraut, kimchi and other fermented foods; mushrooms (especially shitake, maitake and reishi); fruits and vegetables.

Probiotic-rich foods. These foods keep the gut bacteria healthy and in balance. A few examples: yogurt, miso soup, pickles and kimchi.

Ginger root. Ginger is a warming, anti-inflammatory spice, which also contains antiviral properties that can create a negative environment for viruses to multiply. It can also increase blood circulation.

Garlic. Garlic bulbs contain the active molecule allicin, which helps to fight off infection and bacteria.

Visit www.PacMed.org to learn more about our dietitians, or call 206.505.1300 for an appointment.

Kathleen Bradley, RD, CD, is a dietitian at our First Hill, Canyon Park and Northgate clinics.
Christine Stirparo, RD, CD, is a dietitian at our Beacon Hill, Federal Way and Renton clinics.

5 Tips To Restore Harmony

1 Evaluate your current work-life balance. Over the course of a week, monitor your daily tasks and take notes. This will give you a snapshot of your current situation and help you make a plan for moving forward.

2 Use a calendar or to-do list as your personal assistant, to minimize the time you spend running in circles.

3 Get a move on! Book a series of “exercise dates” every week.

4 Unplug from technology, especially at dinnertime and at least an hour before going to bed.

5 Prioritize time for rest and recharging. Schedule activities that energize you—and be sure to get a good night’s sleep.

Mindfully Eating Can Cut Calories

Want to know a simple method to curb your calorie intake? Just listen to your body. Mindful eating is an anti-diet approach to healthy eating. It’s being aware of physical hunger and body cues telling us when enough is enough. Here are a few ways to put this concept into action.

Know your emotions and why you are eating. Are you hungry, or are you just feeling stressed, lonely, depressed or in need of a sugar rush to wake you up? It may be time to figure out other ways besides eating to cope with your emotions, either on your own or with the help of a professional.

Use a hunger scale from 1 to 10, with 1 being starving and 10 being the result of Thanksgiving dinner. Aim to start eating at a 4 and finish at an 8 to avoid overeating.

Pick a smaller plate or bowl for your food. It can decrease your intake by tricking your mind into thinking you ate more than you did.

Chew slowly and put down your utensils after each bite. It takes a full 20 minutes for your body to signal your brain that you are full.

Resign from the “clean plate” club. If you have leftovers, save them for lunch the next day or for that afternoon snack when everyone else is reaching for sweets.

Make every issue of Healthy Today a green issue. Go to www.PacMed.org/gogreen and update your preferences to receive our newsletter via email. You’ll also receive a free wellness kit and health bulletins of interest to you.
Soothing Miso Soup

Recipe adapted by Christy Goff, RD, CD

Easy miso soup is full of healing vegetables and probiotics to help ward off winter illness. Any type of miso paste works; yellow or white offer a mellower taste, while red is the boldest, saltiest flavor.

Serves 4. Serving size 1 cup. Prep time 20 minutes.

Ingredients:
- 4 tablespoons low-sodium miso (a fermented soybean paste, found in the refrigerated case at most grocery stores, preferably lower salt like Organic Miso Master)
- 4 cups water, divided as 3½ cups + ½ cup
- 1 tablespoon olive oil
- ½ cup shitake mushrooms, sliced
- 1 teaspoon dried wakame (an edible seaweed), chopped
- ½ block soft tofu, cut into ½” cubes
- 2 green onions, sliced
- Bean sprouts, sesame seed and toasted sesame oil for garnish

Preparation:
In a bowl, whisk miso into ½ cup warm water and stir until diluted. Set aside.

Heat olive oil in a frying pan on medium heat. Sauté mushrooms 3-5 minutes, or until lightly browned.

While mushrooms cook, bring 3½ cups water to a simmer in a large saucepan.

To saucepan, add mushrooms, wakame, tofu and green onion. Heat throughout.

Add miso and water mixture to pot of water and vegetables. Note: To avoid damaging the probiotics in the miso, be careful to not bring soup to a boil.

Transfer into a serving bowl. Add desired amount of bean sprouts and sesame seed, plus a few drops of toasted sesame oil.

Nutritional information per serving:
- Calories: 120
- Fat: 6 g
- Sodium: 180 mg
- Carbohydrate: 8 g
- Fiber: 2 g
- Protein: 7 g

We’re in Your Community
At PacMed, we take pride in partnering with our communities to promote health and wellness. Below are a few recent events.

Winter Wonderland
In our south region, families enjoyed our special Winter Wonderland with holiday snacks and small gifts. This was part of the Cookies with Mrs. Clause event hosted by Federal Way at its community center.

Men’s Health Event
Our fourth event for men was hosted by our Renton clinic in October. Participants focused on how to stay fit with old injuries and common cancers in men.

Back-to-School Events
In August, our Canyon Park and Federal Way clinics invited parents and kids to meet our providers. About 400 people learned about immunizations, healthy lunches and sugar in popular beverages.

LGBTQ Event
This July health seminar on Capitol Hill focused on common health and wellness concerns of the LGBT community. Our specialists were pleased to answer questions and facilitate discussion.

HEART to HEART
Do You Know Your Risk for Heart Disease?
February is National Heart Awareness Month, and PacMed is ready to talk with you about better heart health.

Did you know that heart disease is the leading cause of death in the United States? It beats out all other diseases for this distinction among both men and women. This is why it’s so important to know your risk—such as your cholesterol and triglyceride numbers.

Take these heart-smart steps:
- Know your numbers
- Find a communicative doctor
- Build a team
- Take care of your body

This February, take the time to learn about your heart health and be an active participant. Speak with your primary care provider or cardiologist to learn your numbers and put this data to good use.

Learn more about our Cardiology team at www.PacMed.org. Or call 206.505.1300 for an appointment.

TEST YOUR KNOWLEDGE ABOUT HEART HEALTH! WWW.PACMED.ORG/HEART-HEALTH
Get to Know Our Newest Providers

We’re pleased to welcome 21 new providers to the Pacific Medical Centers team. These individuals bring a wealth of clinical skills and unique personal experience to their practices. For more details, or to request an appointment, visit www.PacMed.org/doctors.

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MYCHART IS ALWAYS ON CALL

MyChart gives you simple and fast online access to vital health information. It lets you request appointments and prescription renewals, access your personal health record, message your health care team and view lab results. It’s faster than the telephone and easy to set up. Ask our check-in staff for an access code so you can sign up for MyChart today.

We’re Here for You Online!

WHETHER YOU WANT TO PAY YOUR BILL OR REQUEST AN APPOINTMENT, YOU CAN ACCESS PACMED 24/7 AT WWW.PACMED.ORG.
Healthy Recipe: Warm up and ward off winter illness with easy-to-prepare miso soup.

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ONLINE BILL PAY
PacMed recently introduced a new convenience for its patients: online bill pay. Now you can monitor and pay your account from your computer, laptop or mobile phone! www.PacMed.org/billpay

Flu Prevention Tips
The best way to prevent the flu is to get a flu vaccine each year. It’s not too late: call your primary care provider.

Two Other Tips:
1. Wash your hands often with soap and water, or use an alcohol-based hand lotion.
2. Avoid touching your eyes, nose and mouth. Germs spread this way. Try to avoid close contact with sick people.

Do You Have the Flu? Flu usually begins with the sudden onset of a high fever. Be sure to stay home for at least 24 hours after your fever has passed (without the use of fever-reducing medicine).

Do you know your risk for heart disease?
See our heart smart tips on page 6.